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THE KABUL TIMES

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Kabul 05° Rainy | Kandahar 17° Sunny | Herat 05° Partly cloudy | Jalalabad 18° Partly cloudy | Mazar-e-Sharif 03° Snow | Bamyan 01° Snow

Minister Khairkhwa inspects 100-bed hospital for addicts treatment in Helmand

KABUL: Mullah Khairullah Khairkhwa, the acting Minister of Information and Culture, during his visit to the country's southern province of Helmand, inspected the 100-bed hospital dedicated to the treatment of addicts in Lashkargah city, the ministry said in a statement Sunday.

Visiting the medical and administrative facilities of the hospital, Mullah Khairkhwa expressed his appreciation for the dedication and efforts of the hospital staff, including doctors and administrative personnel in the treatment of addicts in the province.He highlighted the hospital's significance, both in terms of its capacity and strategic location, emphasizing its role in the treatment of drug addicts in the southern zone.The acting information and culture minister provided valuable guidance and recommendations aimed at enhancing the treatment protocols for patients, underscoring the importance of systematic and effective care, as the facility aims to rehabilitate addicts before reuniting them with their families.

The Kabul Times



Iran in favor of maximum engagement with Afghanistan, official

MAZAR-E-SHARIF: The Iranian Consul General in Mazar-e-Sharif, Alireza Ahmadi said the other day that his country's Supreme Leader Ayatollah Ali Khamenei, has ordered maximum engagement with Afghanistan.

The Islamic Republic of Iran, based on the directives of the Leader of the Islamic Revolution, pursues a policy of maximum engagement with the people of Afghanistan," Ahmadi said.

The Iranian leader believes that regional issues should be resolved by the countries of the region.

Previously, the Iranian Foreign Minister, Sayed Abbas Araghchi and his accompanying delegation visited Kabul and discussed the strengthening of bilateral relations with Afghan authorities.

The Kabul Times



Health minister assesses healthcare in Helmand



KABUL: The acting Minister of Public Health of the Islamic Emirate of Afghanistan, Mawlavi Noor Jalal Jalali, accompanied by a technical team, visited Helmand to evaluate the provision of healthcare services in the province, the ministry said in a statement Sunday.

Mawlavi Jalali emphasized on the provincial health officials to use available resources in providing quality care and treatment for the patients.

He also encouraged healthcare professionals to continue their dedicated service in treating the nation's sick citizens.

He also pledged to expedite the dispatch of necessary medical equipment and medications to Helmand province.

The Kabul Times

Contract signed to build Maidan Wardak-Logar road



KABUL: Mullah Mohammad Isa Sani, the acting Public Works Minister, signed a contract worth 712 million Afghani for the construction of Maidan Wardak and Logar connecting road, the ministry said in a statement Sunday.

Encompassing two phases, the 31.6-kilometre road will be constructed by two contracting companies within 18 months, the statement said.

According to the statement, the connecting road between Maidan Wardak and Logar provinces also includes 120 culverts and will be constructed during the project implementation.The road starts from Amir Dara Tangi and passes through the areas of Elozi, Dogh Abad, Shulak and Babus and connects to Pul-e-Alam in the center of Logar province, the statement added.Last Thursday, the acting Minister of Public Works signed five contracts worth 264 million Afghani with the representatives of five domestic and foreign companies to kick off the feasibility study of the Herat-Kandahar railway.

The Kabul Times

Work begins on commercial complex worth 1.5 billion Afghani in Kunduz

KUNDUZ: The Chamber and Industry of the country's northern province of Kunduz said Sunday in a statement that the construction work on a commercial complex worth 1.5 billion Afghani has been kicked off by the state-owned Spin Zar Company.

A ceremony was organized on this occasion, attended by Mawlavi Amanuddin Mansoor, the commander of the 217th Omri Army Corps, the deputy governor of Kunduz, a number of investors, local elders, scholars, influential figures, and youth, the statement said.

Addressing the ceremony, Mawlavi Abdul Ghafoor Shahidzai, the commercial director of Spin Zar State Company, said that the commercial complex will be built on 35 acres of land within two years.The complex encompasses 8 markets with 6 floors, more than 1,500 shops, fuel stations, and other necessary facilities and requirements, Mawlavi Shahidzai said, adding that the construction of the complex is expected to create job opportunities for hundreds of individuals and will bring significant changes to the landscape of Kunduz city by providing permanent employment opportunities.

Meanwhile, Seyed Jalal Usmani, the deputy of the provincial Chamber of Commerce and Industry, considered the commercial complex as a significant step toward the growth and development of business in Kunduz, stating now a suitable investment ground has been provided in the country more than ever before. **The Kabul Times**



Heavy smuggled goods seized in country's ports

KABUL: The Ministry of Finance said Sunday that 5.1 tons of smuggled goods have been seized before being imported in the country's ports.

According to the statement, the monitoring teams of the Customs Department prevented the entry of 51,948 kilograms of smuggled goods into Nimroz, Kandahar, Farah, Nangarhar, and Helmand provinces.

"Smugglers had planned to import various goods including foodstuff, clothes, paint, anti-rust materials, and plastic items into the country through ports without paying customs duties and due efforts of the crossings' personnel, their plan has been thwarted and the commodities confiscated," said the statement.

The individuals who were involved in the smuggling of the goods have been arrested and taken to the relevant judicial organs.

A week ago, thousands of kilograms of smuggled goods that were intended to be illegally imported into the country were also prevented from entering the country.

The Kabul Times



Thousands of acres of state land reclaimed from usurpers in Kandahar



KANDAHAR: The Agriculture, Irrigation and Livestock Department of Kandahar said Sunday that 12,000 acres of state land have been reclaimed from usurpers in the past month of the current solar year.

After assessments by the technical teams of the relevant commission, the land has been identified as Emarati in Kandahar City and its 19 districts and handed over to the relevant government institutions, the statement said.

A few months ago, thousands of acres of state land had been identified and registered in the province.

The process of reviewing, approving and returning state land continues in all provinces and cases of thousands of acres of confiscated land are under investigation by the provincial Land Usurpation Prevention technical teams, the statement added.

The Kabul Times

School building completed in Daikundi

KABUL: Construction work on a school building worth 5.4 million Afghani has been completed in Daikundi province, the Ministry of Education said in a statement Sunday.

The school building has been constructed with the financial support of the residents of the Ashturlai district of the province, the statement said.

According to the statement, the school building has been equipped with essential amenities, providing a suitable education environment for hundreds of students in the district.

Meanwhile, the local residents expressed pleasure with the school's construction, saying that it will enhance educational access and address significant educational challenges faced by children in the area.As the success of an individual greatly depends on their level of education and the ability to practically apply what they have learned in school accessibility of quality education is not only important for individual development but also for the development of society as a whole; therefore, the leadership of the Islamic Emirate has always been committed to providing a suitable education environment for the country's youths.

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Food for thought

Today's generation guarantees our bright future

Neighboring countries should facilitate Afghan migrants return with dignity

Afghan refugees are facing severe conditions in foreign countries, particularly in the neighboring countries.

They are facing harassment, torture, arrest, and ultimately deportation from the host countries. In some cases, their earned cashes which are a handful of money from their hard work, are taken from them by police during their arrest along the streets.

The police officials of the neighboring countries arrest most of them for no reason even though many documented Afghans are stopped along the avenues, streets, or at work and arrest them and take them to jail or send them back home by force.

This is while, Afghanistan, Iran, and Pakistan have a long history of shared religion, common culture, and brotherhood, and the three countries have long shared borders with strong economic and political relations.

It is usual that the citizens of a country travel to other countries, particularly their neighboring countries for work or living, but this doesn't mean that they should be mistreated, insulted, tortured, and imprisoned illegally. At a time when the harsh cold is intensifying, the deportation of Afghan migrants is a brutal act.

The host countries should act in line with the international laws about migration and they should treat well the destitute Afghans who have no way except to seek work in the neighboring countries with legal work documents, while those undocumented ones should be facilitated to return home for completing their documents and if needed travel legally to the host country.

These countries should also act based on the bilaterally agreed principles between the countries about legal and illegal migration; documented and undocumented migrants. Documented migrants should be treated well, helped utilize their primary human rights, and facilitated work opportunities. While those who illegally enter the neighboring countries should be returned dignifiedly to their country. Otherwise, any efforts by the neighboring countries to indiscriminately treat the Afghan refugees would negatively affect relations with the neighboring countries.

Security of the two countries' borders should be strongly secured. Desirable and eligible people crossing the shared borders should be distinguished from unwanted and undesirable individuals and suspected individuals should be identified and taken into investigation.

On the other hand, a joint team from the Islamic Emirate of Afghanistan and the two neighboring countries should be established and work to address any issues relating to Afghan migration. The two sides should also discuss any needed deportation issue when it's an appropriate time, not a freezing seasons that create challenges for the original country.

The impact of stress on the body and mind

Stress is an inevitable part of modern life. Whether caused by work pressures, financial difficulties, personal relationships, or health concerns, stress affects everyone at some point.

While stress can sometimes be beneficial, helping us stay alert and motivated, excessive or chronic stress can have serious consequences on both physical and mental health.



Understanding how stress impacts the body and mind is crucial in finding ways to manage and reduce its harmful effects.

Stress is the body's natural response to a challenging or demanding situation.

It triggers the release of hormones such as cortisol and adrenaline, which prepare the body for a "fight or flight" response.

In short bursts, stress can be helpful, enhancing focus, energy, and reaction time. However, when stress becomes chronic, it can negatively affect various bodily systems and overall well-being.

There are different types of stress:

* Acute Stress : This is short-term stress that occurs in response to an immediate challenge, such as an upcoming exam, a job interview, or an argument.

It usually fades once the situation is resolved.

* Chronic Stress: This occurs when stress is prolonged over weeks, months, or even years.

Examples include ongoing financial troubles, toxic relationships, or work-related burnout. Chronic stress can have lasting negative effects on health.

* Episodic Acute Stress: Some individuals frequently experience acute stress due to a chaotic lifestyle, constant worry, or taking on too many responsibilities.

This type of stress can lead to persistent anxiety and emotional instability.

When experiencing stress, the heart beats faster, and blood vessels constrict to direct more oxygen to muscles, preparing the body for a quick response.

Over time, chronic stress increases the risk of high blood pressure, heart disease, and strokes.

Research suggests that prolonged exposure to stress hormones can contribute to arterial damage and heart failure.

While short-term stress can enhance immune function, chronic stress weakens it.

When the body is under constant stress, it produces an excess of cortisol, which suppresses immune system activity.

This makes individuals more susceptible to infections, colds, and even autoimmune diseases.

Studies show that stressed individuals take longer to recover from illnesses and wounds.

Stress affects digestion by increasing stomach acid production, which can lead to acid reflux, ulcers, and irritable bowel syndrome (IBS).

Some people experience nausea, constipation, or diarrhea due to stress.

Chronic stress may also alter gut bacteria, contributing to digestive disorders and inflammation.

Stress can cause rapid breathing or hyperventilation, which may trigger panic attacks in some individuals. People with asthma or other respiratory conditions often experience worsening symptoms when under stress.

Stress-related shallow breathing can also reduce oxygen supply to the brain, leading to dizziness and fatigue.

The endocrine system regulates hormones, but stress disrupts this balance.

Cortisol, known as the "stress hormone," affects metabolism, appetite, and blood sugar levels.

Chronic stress can lead to weight gain, insulin resistance, and a higher risk of developing type 2 diabetes.

It can also interfere with reproductive hormones, potentially leading to irregular menstrual cycles and fertility issues.

Muscle tension is a common reaction to stress, often leading to headaches, neck and back pain, and even tension-related migraines.

Chronic stress can contribute to long-term musculoskeletal disorders such as fibromyalgia and chronic pain syndrome.

Chronic stress is strongly linked to mental health disorders such as anxiety and depression.

Stress increases the production of stress hormones while decreasing levels of serotonin and dopamine—chemicals associated with happiness and relaxation.

This imbalance can lead to mood swings, feelings of hopelessness, and irritability.

High levels of stress negatively impact memory, concentration, and decision-making. The hippocampus, a brain region responsible for learning and memory, can shrink due to prolonged exposure to cortisol.

This may explain why people under constant stress struggle to retain information and solve problems effectively.

Stress can make individuals more reactive and emotionally unstable. Small inconveniences may feel overwhelming, leading to frustration, anger, or even emotional breakdowns.

This emotional instability can strain relationships and reduce overall life satisfaction.

Many people with high stress levels experience difficulty falling asleep or staying asleep.

Insomnia is common among stressed individuals, leading to fatigue, decreased productivity, and heightened irritability.

Lack of quality sleep, in turn, increases stress levels, creating a vicious cycle.

Some individuals cope with stress through unhealthy habits such as excessive alcohol consumption, smoking, emotional eating, or drug use.

While these behaviors may provide temporary relief, they can lead to addiction and long-term health problems.

Chronic stress contributes to high blood pressure, inflammation, and heart disease.

A compromised immune system makes the body more vulnerable to infections and chronic illnesses.

Stress increases the likelihood of developing anxiety disorders, depression, and even PTSD (post-traumatic stress disorder).

Stress can lead to overeating, insulin resistance, and obesity-related conditions.

Long-term stress has been linked to an increased risk of Alzheimer's disease and other cognitive disorders.

Effective Ways to Manage Stress

Physical activity releases endorphins, which improve mood and reduce stress hormones.

See P4



Electricity shortages in southwest Afghanistan disrupting daily life and economic activity

In the southern region, international organizations have provided solar and diesel-generated electricity to several public healthcare centers.

However, private healthcare facilities still struggle with power shortages.

The management of these private hospitals states that high electricity costs have significantly increased the treatment expenses for patients.

Sayedullah, the head of publications at a private hospital named Omar Bilal in Uruzgan province, says they have installed electricity at their own expense, but the costs are very high.

He explains that although the hospital has modern medical equipment, they are often unable to use these machines due to power shortages.

"If we could have a stable electricity supply, we plan to bring advanced medical machinery that would make treatment easier," he adds.

He further states, "We are facing electricity shortages in our hospital. Some of the medical equipment we have brought here remains unused due to the lack of electricity.

If we receive a stable power supply, we plan to import larger and more advanced machines to improve medical treatment."

Climate change, mainly caused by air pollution, is largely due to the burning of fuel and smoke-emitting materials that harm the environment.

Abdul Ali Achakzai, an environmental expert, believes that if people gain access to a reliable and permanent electricity supply, pollution levels will decrease.He explains that during the winter season, many families burn plants and other materials to keep warm, producing harmful smoke that contributes to environmental degradation.

According to Achakzai, if a stable electricity supply is provided to households, like in other countries, people will install electrical heating appliances instead of using firewood and coal.

He adds, "Electricity is crucial for both the environment and the economy. Every winter, Afghanistan's major cities experience severe air pollution, mainly due to the lack of electricity, forcing people to burn fuel.

If stable electricity is provided, both the environment will be free from smoke and people's financial burdens will ease, as they won't have to spend large amounts on fuel.

We need a systematic approach to ensure electricity for our region and all Afghan cities."During the summer, when people across Afghanistan struggle to find cold drinking water, some families rely on refrigerators to keep their water cold, while others without electricity are forced to buy ice from the market.

Mohammad Lal, a resident of Zabul province, says there is no place in the entire province where refrigerators function reliably.He explains that due to the absence of electricity, ice prices soar to 40 Afghanis per block in the summer, making it unaffordable for many people.

He adds that ice factory owners are forced to generate their own electricity, which increases production costs and, consequently, the price of ice.

"When summer arrives, in other regions, a 4.4 kg block of ice costs no more than 25 Afghanis, but in Zabul, the price reaches 40 Afghanis.

Factory owners are not to blame, as they have to generate electricity privately to keep their factories operational."

In all provinces of this zone, industrial factories face electricity shortages, forcing them to rely on expensive diesel generators, which increases production costs and reduces industrial activity.

Kajaki Dam, the primary power source for this region, is unable to generate the required amount of electricity.



The lack of imported electricity in Uruzgan and Zabul, the closure of half the factories in Kandahar, and the high cost of diesel electricity in Helmand have hindered economic development across the region.

Although officials in these provinces have pledged to find various solutions to address the electricity shortages, only time will tell how much of these promises will actually be fulfilled. **The end**

Ehsanullah Wolasmal

How should we respond to freezing of national assets?

The seizure of Afghanistan's national assets by the U.S. government as a political and economic measure has sparked a wave of concern and criticism at the international level.

This action, which has taken place amid Afghanistan's economic crisis has been seen as a blatant violation of national sovereignty and the principle of national ownership of resources.

From the perspective of international law, every country has the right to independently manage its assets, and no foreign power should interfere in its internal and economic affairs without a valid legal justification.

The principles of the United Nations Charter and multiple resolutions of the UN General Assembly emphasize national sovereignty, and any aggressive action in this regard constitutes a clear violation of these principles.

Precisely at a time when Afghanistan is striving to stabilize its economic and social structures, the freezing of its assets can have severe and destructive consequences.

Many experts and human rights organizations have warned that blocking these assets by causing liquidity shortages and disrupting the provision of essential services such as healthcare and education could lead to a large-scale humanitarian crisis.

unjust measure.

According to international legal documents, including Article 2 of the United Nations Charter, which emphasizes respect for national sovereignty, every country has the right to manage its resources without foreign interference.

In addition, UN General Assembly Resolution 1803, adopted in 1962, explicitly affirms the permanent sovereignty of nations over their national assets.

These legal instruments demonstrate that any action to freeze a country's assets without well-founded legal justification is not only legally untenable but also ethically unacceptable.

One effective response to this unlawful action by the U.S. government is to utilize international legal mechanisms.

The Afghan government can appeal to the International Court of Justice or other international judicial bodies to formally challenge this illegal measure.

This approach is not only legally justified but can also garner international support, increasing pressure on the U.S. to uphold its obligations regarding national sovereignty.

Besides, direct negotiations between the Afghan government and U.S. officials could be explored as an alternative solution.

Such negotiations, facilitated by international organizations on foreign resources.

One key strategy in this regard is investing in the mining sector.

With vast reserves of gold, copper, lithium, and precious stones, Afghanistan has significant potential for exporting raw minerals.

Investment in mining can not only generate national revenue but also contribute to industrial infrastructure development and the adoption of modern technologies.

Lessons from successful countries like Chile and Botswana show that proper and transparent management of mineral resources can drive economic prosperity and reduce reliance on foreign aid.

Therefore, the Afghan government must implement supportive policies and financial and legal incentives and create a secure and transparent environment for both domestic and foreign investors to maximize the benefits of its mineral wealth.

In conclusion, responding to the freezing of our national assets requires a multifaceted approach.

On one hand, legal and diplomatic mechanisms must be utilized to defend national sovereignty and ownership rights while preventing political coercion.

On the other hand, strengthening internal capacities and investing in productive sectors are essential to



Furthermore, this action is perceived as a tool of political pressure against the Afghan government—an instrument through which foreign powers seek to influence domestic policies and national decision-making by leveraging economic measures.

In this context, the Afghan people's right to utilize their resources and assets must be upheld under international regulations, and any asset freeze without a legitimate and legal basis should be regarded as an

tions like the IMF (International Monetary Fund) and the World Bank, could lead to an agreement that both safeguards Afghanistan's national rights and enables the unfreezing of its assets.

However, Afghanistan's response to this crisis will not be limited to legal and diplomatic fronts.

To build a sustainable and independent economy, the Afghan government must focus on developing internal capacities and reducing dependence

laying the foundation for an independent and sustainable economy.

The Afghan government must adopt long-term policies and work closely with international institutions to resist external pressures while paving the way for economic self-sufficiency.

Only through this approach can Afghanistan break free from dependence on foreign aid and move toward genuine development and progress.

Aburagheb Amani

Afghans' responsibility in rebuilding the country

Afghanistan, which has seriously suffered from four decades of war, foreign interferences, and political instabilities, has now achieved its full independence.

With the end of the war and re-establishment of the Islamic Emirate, the country has entered to a new stage as there is now a unique opportunity for Afghans to feel responsibility for rebuilding and changing the country to step towards development in all areas.

Countries have two options after gaining freedom from foreign invasions: They either take responsibility for their own future and make effort towards progress, or they wait and look to others for help and remain dependent on foreigners.

Afghanistan is now on the threshold of a second phase after the blessing of independence.

If Afghans think that others will come and rebuild the country, then this is a big misconception.



History has proven that no country has been built by foreigners; therefore, rebuilding the country needs sacrifices, hard work, and continued effort.

Those nations that lead today the world economically, scientifically, and politically have never relied on others, but have instead acted on the principle of self-reliance.

In the past two decades, various foreign powers have come to our country, where some were stationed in the name of war and some under the guise of assistance, but what has been the result? Afghanistan is still a poor and undeveloped country.

Now that we have the blessing of independence, we must play our role for economic, educational, infrastructural, and social development.

Economic self-sufficiency: Instead of foreign aid, we should promote domestic production, pay special attention to agriculture, industry, and trade, so that the country can achieve economic stability.

The government has a responsibility to support the private sector and provide them with all the facilities, including electricity.

The duty and responsibility of the people is to use domestic products instead of foreign ones and fulfil their national responsibility in this regard.

Quality education: Our future generation should be educated. They should be provided with opportunities to study both Islamic studies and modern sciences.

Education is a fundamental right of every individual, and it is the foundation of a prosperous and successful society.

Education not only equips individuals with the knowledge and skills necessary to succeed in life but also enables them to contribute to their communities in meaningful ways.

Political stability: If we get united based on our national interests and work to strengthen the system, then no one will have control over our internal affairs.

Infrastructure development of the country: Construction of roads, dams, factories and other economic projects is the basic tasks that should be focused on.

The implementation of small and major projects is key in the country as it can improve the lives of people, reduce unemployment, and increase economic activities.

Independence is a great blessing, but if we do not recognize the value of this blessing, we will lose it.

Rebuilding the country is our responsibility.

If we wait today for others to rebuild our country, we will be dependent on foreigners, but if we start working today, tomorrow we will have a strong, independent and prosperous Afghanistan.

Sayed Sharif

Shah-Do Shamshira Mosque: A timeless landmark in Heart of Kabul

Kabul, Afghanistan—Amidst the bustling streets of Kabul, where history and modernity collide, stands the Shah-Do Shamshira Mosque, a two-story architectural wonder that has long captured the imagination of locals and visitors alike.

With its European-influenced façade and deep-rooted historical significance, the mosque is more than just a place of worship—it is a symbol of Kabul's enduring spirit.

The name Shah-Do Shamshira translates to "King of Two Swords," a reference to an Arab commander who, as legend tells, fought bravely in Kabul centuries ago.

Though time has woven myth and history together, his story remains a part of Afghanistan's cultural and religious heritage.

The present-day mosque was commissioned in the early 20th century by Queen Soraya, the wife of King Amanullah Khan, during a period of modernization and reform.

Unlike traditional Afghan mosques, which often feature large domes and intricate tilework, Shah-Do Shamshira stands out with its neoclassical design—grand balconies, carved columns, and arched windows reminiscent of European palaces.

Its bright yellow color makes it an unmistakable landmark, contrasting beautifully with the blue sky on clear Kabul mornings.

Located near the Kabul River, the mosque is surrounded by the city's daily hustle and bustle.

From dawn till dusk, worshippers and visitors alike enter its gates, seeking a moment of peace in its sacred halls.

The rhythmic call to prayer echoes through the air, blending with the distant hum of the marketplace and the chatter of street vendors selling fresh fruit, books, and handmade crafts.

Inside, the atmosphere shifts.

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USD	GBP	INR	PKR	EUR	IRR	AED
01	01	1000	1000	01	1000	01
AFN	AFN	AFN	AFN	AFN	AFN	AFN
73.30	90.91	835	251	75.73	01.33	19.96



Afghanistan U-17 national football team begins training camp for AFC Asian Cup

The Afghanistan U-17 national football team has officially started its training camp in Kabul in preparation for the upcoming AFC U-17 Asian Cup.According to the Afghanistan Football Federation, the camp is being led by head coach Elias Ahmad Manuchehr and aims to prepare the young players for this prestigious Asian tournament.

The coaching staff is focused on improving the team's technical and tactical abilities to ensure strong performances in the competition.

Afghanistan has been placed in Group C of the tournament, where they will compete against South Korea, Yemen, and Indonesia. The AFC U-17 Asian Cup will be held in Saudi Arabia from April 3 to April 20, bringing together top youth teams from across the continent.

Participation in this tournament marks a significant opportunity for Afghanistan's young footballers to gain international experience and showcase their talent on a major stage. Officials hope the training camp will help refine the players' skills and enhance their teamwork ahead of the challenging group-stage matches.

Afghanistan's U-17 squad will face tough competition, particularly from South Korea, a team with a strong footballing history.

However, the players and coaching staff remain determined to put up a strong fight and represent their country with pride.

As the countdown to the AFC U-17 Asian Cup continues, Afghan football fans are eagerly following the team's progress, hoping for a successful performance in Saudi Arabia.

The Kabul Times



Afghan snowboarder shines in Asian Winter Games

Afghanistan's first-ever snowboard representative in the Asian Winter Games, Ahmad Mujtaba Habibzai, secured the 10th position in China's prestigious competition.

According to the officials of Afghanistan's Snowboard Federation, Habibzai competed in the "Slopestyle" category against top athletes from various countries, including Qatar. Despite facing tough competition, he managed to achieve a respectable 10th-place finish.

The Asian Winter Games, an Olympic-level sporting event, are currently being hosted in Harbin, China.

Afghanistan is represented in the competition by two athletes and a three-member delegation.

This participation marks a significant milestone for Afghanistan's winter sports, as the country has had limited representation in such international snowboarding events.

The achievement of Habibzai reflects the growing interest and potential of Afghan athletes in winter sports, despite the country's challenging geographical and climatic conditions for professional snowboarding.

Sports officials in Afghanistan have expressed hope that such participation will pave the way for more Afghan athletes to compete in international winter sporting events.

They also emphasize the need for greater investment and support in winter sports training and facilities.

The Asian Winter Games serve as a key platform for athletes across Asia to showcase their talents and compete at a high level.

Afghanistan's presence in the event highlights the resilience and determination of its athletes to compete internationally despite limited resources and support.

Habibzai's achievement is expected to inspire young Afghan athletes to explore winter sports and represent their country in future international competitions.

The Kabul Times

Third Jiu-Jitsu championship kicks off in Kabul

The third edition of Afghanistan's Jiu-Jitsu Championship has officially begun in Kabul, bringing together martial artists from across the country.



This competition features 200 athletes from five different provinces, competing in various age and weight categories.

The event provides a platform for fighters to showcase their skills and compete for top rankings in the sport.

According to officials from the Afghanistan Jiu-Jitsu Federation, the main objectives of the tournament are to promote Jiu-Jitsu, encourage youth participation in sports, and identify the country's top martial artists.

They emphasize that such competitions play a crucial role in fostering talent, improving the overall level of Jiu-Jitsu in Afghanistan, and preparing athletes for future international events.

Jiu-Jitsu has been gaining popularity in Afghanistan in recent years, with an increasing number of athletes participating in both national and international competitions.

Despite challenges, the sport continues to grow, thanks to dedicated fighters and organizations working to develop martial arts in the country.

The championship in Kabul is expected to be a highly competitive event, with fighters striving to prove their skills and secure recognition at the national level.

Organizers hope that the tournament will further boost the sport's visibility and attract more young people to martial arts.As the competition progresses, Afghanistan's martial arts community looks forward to witnessing intense battles and the emergence of new champions who could represent the country in future international Jiu-Jitsu events.

The Kabul Times

68 million Afghani collected from agricultural products' exports in Logar



KABUL: The head of the Chamber of Commerce and Investment of Logar, Mawlavi Mohammad Yaqub said Sunday that 68 million Afghani has been collected from the exports of agricultural products this solar year.

Mawlavi Yaqub said that more than 1.1 million metric tons of agricultural products have been exported from Logar province to domestic and foreign markets during the current solar year and generated 68 million Afghani in revenue.

According to him, the exported products included apples, grapes, apricots, almonds, watermelons, potatoes, onions, eggplants, and other fruits and vegetables, which were sent to Kabul, other neighboring provinces, and foreign countries.

The Kabul Times

North Korean leader Kim Jong Un vows to further develop nuclear forces

North Korean leader Kim Jong Un criticized trilateral military cooperation among the United States, Japan and South Korea for raising tensions in the region and vowed countermeasures, including the further development of nuclear forces.

Kim said US deployments of nuclear strategic assets, war exercises and military cooperation with Japan and South Korea were inviting military imbalance in the region and raising a grave challenge to the security environment, state media KCNA reported on Sunday.

"The DPRK does not want unnecessary tension of the regional situation but will take sustained countermeasures to ensure the regional military balance," Kim said during a visit to the defense ministry on Saturday to commemorate the founding day of its Army.

DPRK stands for the Democratic People's Republic of Korea, North Korea's official name.

US President Donald Trump, after a meeting on Friday with Japanese Prime Minister Shigeru Ishiba, said he would have relations with North Korea, as they expressed concern over its nuclear program.

But during the visit, Kim "clarified once again the unshakable policy of more highly developing the nuclear forces," according to the report.

On Russia's war with Ukraine, Kim said: "The army and people of the DPRK will invariably support and encourage the just cause of the Russian army and people to defend their sovereignty, security and territorial integrity in keeping with the spirit of the treaty on the comprehensive strategic partnership between the DPRK and Russia."

Last month, South Korea said it suspected North Korea of preparing to send more troops to Russia, in addition to about 11,000



soldiers who had been dispatched for the three-year-long war.

In a separate commentary released later on Sunday, North Korea's KCNA again criticized South Korea's military activity with the United States this year and warned that aggressive actions would be met by undesired consequences.

"Anyone could easily guess how we would take the fact that they carried out war exercises that were more intense than ever before at a time when diplomacy schedules were being canceled due to political turmoil," KCNA said.

Al-Arabiya

Shah-Do Shamshira Mosque: A timeless...

From P3

The noise of the outside world fades into the background, replaced by the soft murmur of prayers.

The worn-out carpets have absorbed decades of whispered supplications, and the walls, though showing signs of age, stand as a testament to the countless people who have passed through, each carrying their own hopes and burdens.

Shah-Do Shamshira is more than just an architectural gem; it is a living part of Kabul's identity. For many, it is a place of personal reflection, a sanctuary where people come to seek guidance and solace.

The elderly sit in its shade, recounting stories of the Kabul they once knew. Young students, taking a break from their studies, find peace within its walls.

Travelers pause here, drawn by its beauty and the sense of history that lingers in the air.

Over the years, the mosque has witnessed the ever-changing face of Kabul. It has seen moments of joy—weddings, celebrations, and gatherings of the faithful.

It has also stood quietly through times of hardship, offering a space where people could find strength in their faith and in each other.

As one of Kabul's most cherished landmarks, Shah-Do Shamshira remains a vital part of the city's cultural and religious landscape. Though time and weather have left their marks on its structure, its spirit remains unchanged. Many hope to see restoration efforts that will preserve its beauty for future generations, ensuring that this unique piece of Afghan heritage continues to inspire and serve as a place of worship.

For now, it remains a beloved symbol of Kabul—a mosque that bridges past and present, faith and history, standing tall as a reminder of the city's resilience and the timeless beauty of its traditions.

Sumita Balouch



The impact of stress on the body...

From P2

Activities like jogging, swimming, or yoga are particularly beneficial.

Meditation, deep breathing exercises, and mindfulness techniques help calm the mind and reduce stress.

Spending even 10 minutes a day in meditation can significantly lower stress levels.

Eating a well-balanced diet rich in fruits, vegetables, lean proteins, and whole grains can help regulate stress hormones and boost energy levels.

Avoiding excessive caffeine, sugar, and processed foods is also beneficial.

Establishing a regular sleep schedule and avoiding screens before bedtime can improve sleep quality and reduce stress. Aim for at least 7–8 hours of restful sleep per night.

Talking to family, friends, or a therapist can provide emotional support.

Social interactions release oxytocin, which counteracts stress hormones.

Organizing tasks, setting priorities, and avoiding procrastination can help reduce workload stress.

Breaking large tasks into smaller steps can also make them more manageable.

Activities such as reading, painting, listening to music, or spending time in nature can be effective ways to relax and de-stress.

Excessive alcohol and caffeine consumption can increase anxiety and disrupt sleep patterns. Moderation is key.

Scheduling regular breaks throughout the day and taking vacations can help rejuvenate the mind and body.

If stress becomes overwhelming, seeking professional counseling or therapy can provide coping mechanisms tailored to individual needs.

Stress is a natural part of life, but when it becomes chronic, it can have severe consequences on both the body and mind.

From cardiovascular issues to emotional instability, stress affects nearly every aspect of well-being.

However, by implementing effective stress management techniques, individuals can reduce their harmful impact and improve their quality of life.

Prioritizing mental and physical health is essential for achieving long-term well-being and happiness.

Dr. Bushra Parnian